

# 5 MONTH OLD BABY SLEEP GUIDE

**The right  
bedtime**  
7-8:30 pm

**Total sleep  
in 24 hours:**  
14-15 hours

**Night Wakings:**  
1-3

**Night Sleep:**  
9-11 hours

## Naps

- After 1.5-2.5 hours awake time.
- 3-4 naps daily, lengths vary.
- Naps will get longer when baby falls asleep independently.



## TIPS:

- 
- Most 5 month olds not yet ready for by-the-clock nap schedule.
  - Start bedtime & pre-nap calming routines.
  - Expect a rough patch around the 6 month sleep regression.